

1. Record Nr.	UNINA9911019430403321
Titolo	Case studies in applied psychophysiology : neurofeedback and biofeedback treatments for advances in human performance // edited by W. Alex Edmonds and Gershon Tenenbaum
Pubbl/distr/stampa	Chichester, West Sussex, : John Wiley & Sons, c2012
ISBN	9786613333100 9781119954491 1119954495 9781283333108 1283333104 9781119959984 1119959985 9781119959991 1119959993
Descrizione fisica	1 online resource (344 p.)
Altri autori (Persone)	EdmondsW. Alex TenenbaumGershon
Disciplina	613.7/11
Soggetti	Psychophysiology Biological control systems
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Case Studies in Applied Psychophysiology: Neurofeedback and Biofeedback Treatments for Advances in Human Performance; Contents; Preface; About the Editors and Contributing Authors; Part I: General Biofeedback and Neurofeedback Forwards; 1 The Use of General Biofeedback in the Pursuit of Optimal Performance; Introduction; Paradigms in Biofeedback Assisted Optimal Performance Work; The Field of Optimal Performance Psychophysiology; A Brief History; Biofeedback Tools for Optimal Performance: Modalities; Standards for Application; Professional Resources; Conclusion; References 2 Performance Enhancement Applications of

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4 Case 2 - Imagery Assessment and Training with QEEG: What You See Is Not All There Is Introduction; Imagery Definition and Models; Models of Imagery; Assessment of Imagery; EEG and Imagery; The Future of Imagery Assessment; Methodological Issues in Imagery; Clinical Suggestions; Clinical Use of QEEG for the Assessment and Training of Sport Imagery; Typical Training Session including Imagery; Summary; References; 5 Case 3 - Simultaneous Alpha EEG Enhancing and Frontal's Muscle EMG Decreasing: Biofeedback Training for Musical Peak Performance; Introduction; Background Information of Client Description of the Presenting Problem Assessment and Diagnosis; Alpha Activity EEG Analysis; Intervention; Outcomes and Discussion of Findings; References; 6 Case 4 - The Golfer Who Couldn't Pass the Anxiety Test!; Background Information of Client; On Being a "Mental Coach"; Description of the Presenting Problem; Biofeedback and Neurofeedback Protocol - Assessment, Diagnosis, and Training; Outcome and Discussion; References; 7 Case 5 - Biofeedback for Relaxation; Introduction; Background Information; Assessment and Diagnosis; Interventions and Results; Summary and Conclusions; Reference

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Sommario/riassunto

A thorough, readable primer for the practitioner and student, detailing case studies on the art and science of biofeedback and neurofeedback in practice. Includes case-study examples focusing directly on improving human performance in non-clinical populations utilizing biofeedback and neurofeedback techniques Links theory and practice for scholars and practitioners in the field Acknowledges both the art and science of utilizing these tools for performance-related gains in sports and artistic fields, presenting unique case studies detailing the variety of procedures u
